

# Purwell Primary School

25<sup>th</sup> May 2022

*Quote of the week 'If we don't stand up for children, then we don't stand for much' - Marian Edelman.*

## Pupils Vote on school values

Recently, the topic of values and ethics has been the topic of school assemblies. Last week, pupils voted for which key values they wanted the school to adopt. Mr Cano has been collecting ideas for values from the school community for the last few weeks and sharing them with pupils and staff. The suggestions represented what the school values the most and should be things we can uphold, demonstrate, and adhere to each day. Well, I am delighted to announce that the most popular suggestions, as voted on by the pupils were:

Honesty  
Equity  
Friendship  
Perseverance  
Opportunity

These will now be presented on the school website and in our prospectus and feature in school assemblies, displays and PSHE lessons.

## You Said, We Did

Following the recent parent survey, school leaders have been meeting to agree how best we can respond to the suggestions parents have made for school improvement. This, 'you said, we did' section will be a regular feature of the newsletters for the rest of the term. *You said, we did* will also be the title of a new display board going up in the entrance lobby of the school. It will detail what the school is putting in place to improve what we currently provide for pupils and parents and the return to some post-Covid ways of working. The school governors are also playing a big part in this process as they respond to parental feedback at meetings.

**You said:** Post-Covid parents would like to return to the full array of options for extra-curricular clubs and activities.

**We did:** From September, staff will be running a variety of extracurricular clubs for pupils for all ages, both during lunchtimes and after school. These will cover a range of sports, hobbies, art and craft. Some of the suggestions that staff have already proposed are creative art, cookery, science, board games and cycling.

**You said:** Parents would like clarity and consistency of homework with the option for more if requested.

**We did:** Next term, each class will send home set of clear expectations about what homework will be set each week and timelines as to when it should be completed and returned. In addition to this, for parents who have requested more homework for their children, additional resources will be made available, some of which will be online, to supplement the learning that the children will be doing in school.

**You said:** Clearer communication and early notice of events.

**We did:** The school is exploring ways that technology can be used to give parents, both, early notice of events and access to all the relevant information they need. As parents have indicated that their preference for receiving information is quite diverse, we will ensure that information is sent out in all formats at exactly the same time, utilising School Coms text messaging, email, Facebook class groups, Twitter, as well as the good old Notice boards!

### **Addressing bullying**

On analysing the parent questionnaires, we found two comments that referred to the issue of bullying in school. A few weeks ago, we shared with parents the school's definition of bullying. We know that bullying is taking place when all these criteria are met.

Being mean

On purpose

Over and over

The children remember this as **BOO** for short.

One of the parents who believed that their child had been the victim of bullying at school came forward and we deemed the case as meeting the criteria, i.e., it was not a one-off incidence of children being unkind to one another. I am pleased to say we were able to address the problem immediately and involved the pupils and their parents in resolving the issue.

We take cases such as this very seriously at Purwell and monitor the children closely for any signs of unkindness and/or antisocial behaviour toward each other. But that is not to say that things can be missed that go on *under-the-radar* or if they happen online, or on social media. So, we urge parents to approach the school if they have any concerns at all that their children might be being bullied at school, or outside school, via social media, or computer gaming.

### **PSA run sweet tombola at the Walsworth Festival**

A huge thank you to the PSA for running the sweet jar stall at the Walsworth Festival, on Sunday. In glorious sunshine the team managed to sell all the jars fairly quickly. In what was a very well attended event, the Purwell Panthers also performed their high-energy cheerleading routine. A video of the routine is available on the school's Twitter page.



*The Purwell Panthers about to perform at the Walsworth Festival*

### **Open Day/Evening – Wednesday 13th July**

The Open Day and Open Evening for parents will be on Wednesday 13th July. Parents are invited to come into their child's class, from 2.15pm until 3.15pm, where they will be invited to join the children in fun learning activities which reflect our diverse and creative curriculum.

To accommodate the later-working parents, the school will open again at 6.00pm with refreshments in the hall, when Mr Cano will be saying a few words before introducing to the parents the teachers for September and announcing class allocations. After this, parents will be free to tour the school. There will be displays of children's work, subject information, and interactive computer demonstrations, with staff and pupils available to guide and answer any questions.

### **Jubilee School Lunch, tomorrow (Thursday 26<sup>th</sup> May)**

We will be having a special Jubilee Dinner on Thursday. If your child has a Home Packed lunch and would like to have a Jubilee Dinner on this day, please let the Office know. The meal cost is £2.78, payment by Cash or School Gateway. NO CHEQUES will be accepted. If cash please send the money in an

envelope clearly labelled 'Jubilee Dinner', with your child's name and class. Don't forget school meals are free for Reception, Year 1, Year 2 and FSM children.



*Acorn class have created their very own palace throne room to celebrate the Queen's jubilee*

### **Sports Day - Friday 24<sup>th</sup> June**

This year, Sports Day will be on Friday 24<sup>th</sup> June. The organisation of the day will be similar to previous years, with children taking part in a range of athletic events such as long jump, javelin, and discus, in addition to running races on the track. In the morning, from 9:30am, it will be the turn of Foundation Stage and Key Stage 1 children: Acorn, Holly, and Willow Classes, with Key Stage 2 children: Beech, Maple, Aspen and Oak competing in the afternoon, from 1:30pm. Teachers will be making sure that children have the opportunity to practise each of the events as part of their PE lessons this term. All children should make sure they have their PE kit (including proper trainers) in school so that they can take part.

Parents are most welcome to watch their children on Sports Day - come and join us!

### **PSA updates**

#### **Walsworth Festival**

A huge thank you to everybody who very generously donated a sweetie jar -they were the most amazing we have ever seen and the most we have ever gathered, over 200 jars! Also, a huge thank you to anyone who helped organise the stall, helped on the day and who attended the stall to join in the games -we are just awaiting the final profit result!!

### **Purwell Jubilee**

We have suggested to the Purwell estate residents that anybody who would like to can meet from 1-7 pm on Saturday 4<sup>th</sup> of June, on the grass area between Sanfoine Close and Thatchers End. Bring table, chairs, food drinks and stuff to do for the kids and we can all gather to celebrate the Queens Jubilee if that's your preference.

### **Purwell Jubilee Disco - Friday 10<sup>th</sup> June, 5:30-7:30p.m.**

The ever-popular DJ Dan will be back!

Primary age children £3.50

Everyone else is FREE

There will be a competition to see who can most look like the Queen!

Attendees can wear red, white, or blue, or anything they wish.

Tuck-shop, bar, tattoos, art, and this will be the whole school with parents too! Please let Amanda, or Kay, know if you can help that night during the day to set up the at the event itself, or the clear up after.

Tickets will go on sale Monday, the 6<sup>th</sup> of June!



### **Purwell Rocks Saturday 16 July, from midday to 9pm**

We are currently underway organising our mini music festival and we are currently looking for any artists you may know to sing on the day for charity and also looking for any local businesses to sponsor the bouncy castle on that day. We are also we are on the hunt for raffle prizes. There will be a meeting after half term to go through the finer details, it would be great if you could join!

### Dogs on the playground

Since the lockdowns we have seen an increase in the number of dogs that parents are bringing into school at drop-off and pick-up times. So far, we have not encountered any problems with having dogs on the premises at these times, however, in the interests of safeguarding the children, it is important that **dogs remain on their lead and with their owners at all times.**

### Introducing Purple Mash

Your child has access to Purple Mash, a whole world of fun and exciting learning opportunities in one safe online space.



#### **What is Purple Mash?**

Purple Mash is a comprehensive suite of online learning tools and content, designed for children aged 3 to 11 in the classroom and at home. Purple Mash supports learning through its resources, games, and creative tools, tailored to the school curriculum; everything from core subjects such as maths, reading, writing and phonics, to all the other topics learnt in school.

#### **How you can support your child:**

To begin with, it's a good idea to log in to Purple Mash with your child's login and familiarise yourself with the menu icons and key areas of the site. You can also explore our parents' area on the 2Simple website which explains the powerful learning benefits of Purple Mash beyond the classroom all in under 3 minutes, including the parent portal if your school has enabled this.

<https://2simple.com/parents>

If you have any questions, please contact your child's class teacher in the first instance.

**Happy Purple Mashing!**

### Sun Safety

Hopefully the summer will be putting in an appearance sometime soon, so I thought it would be useful to recap our 'safe in the sun' approach.

- There are plenty of shaded areas under the trees and by the gazebo and children are encouraged to **play in the shade** on hot sunny days.
- All children should have a **sun hat or cap** to wear when playing out. Purwell School caps can be bought from the school office. Please ensure all are NAMED clearly.
- You may wish to apply **sunscreen** to your child at the start of the day; however children should not bring bottles of cream into school for reapplication. There are many brands which offer long-lasting/all-day protection and a liberal application in the morning would see them through the school day.
- Children should have a bottle of water with them in school each day which should be named. However, these must have a '**sports cap**' and **not an open bottle neck**, to prevent spillages on children's work. Bottles of water should **not be frozen** (although specially designed water bottles, where the centre can be frozen to keep the water chilled, are permitted).
- Children should have **summer PE kit** for outdoor sports every day (not long trousers).

### Dates for Summer Term 2022

Thursday 26 <sup>th</sup> May	Queen's Jubilee celebratory school lunch
30 <sup>th</sup> May-3 <sup>rd</sup> June	Half-term
Friday 10 <sup>th</sup> June	The Queen's Jubilee Disco
Thursday 16 <sup>th</sup> June	Year 5 swimming commences
Monday 20 <sup>th</sup> June	Cycle Proficiency Training for Year 6 <b>NEW</b>
Friday 24 <sup>th</sup> June	Sports Day, EY and infants am and juniors pm
Friday 1 <sup>st</sup> July	School closed for Inset Day
Wednesday 13 <sup>th</sup> July	Open Day and Evening <b>NEW</b>
Thursday 14 <sup>th</sup> July	Meet my next teacher morning, for pupils <b>NEW</b>
Wednesday 20 <sup>th</sup> July	Year 6 Leavers assembly <b>NEW</b>
Saturday 16 <sup>th</sup> July	Purwell Rocks Event
Friday 22 <sup>nd</sup> July	<b>Last day of term - Finish at 2pm</b>



## Academic Dates for 2022/23

### Autumn Term 2022

Thu 1 <sup>st</sup> September	Children return to school
Fri 23 <sup>rd</sup> September	School closed for Inset Day
Mon 24 <sup>th</sup> Oct-Fri 28 <sup>th</sup> Oct	Half term
Mon 31 <sup>st</sup> October	School closed for Inset Day
Fri 2 <sup>nd</sup> December	School closed for Occasional Day
Wed 21 <sup>st</sup> December	Last day of term - Finish at 2pm

### Spring Term 2023

Thu 5 <sup>th</sup> January	Children return to school
Mon 13 <sup>th</sup> Feb-Fri 17 <sup>th</sup> Feb	Half term
Fri 10 <sup>th</sup> March	School closed for Inset Day
Fri 31 <sup>st</sup> March	Last day of term - Finish at 2pm

### Summer Term 2023

Mon 17 <sup>th</sup> April	School closed for Inset Day
Tues 18 <sup>th</sup> April	Children return to school
Mon 1 <sup>st</sup> May	Bank holiday
Mon 29 <sup>th</sup> May - Fri 2 <sup>nd</sup> Jun	Half term
Fri 30 <sup>th</sup> June	School closed for Inset Day
Fri 21 <sup>st</sup> July	Last day of term - Finish at 2pm

## Parents and carers help and support

### **REMINDER** DSPL 1 Parent Survey - Results

We carried out a parent survey during Autumn 2021, we had over 250 responses. Thank you to Raine Simcox our parent representative for carrying this out and collating the data. Please find attached the results. We are looking at the gaps in training and support for parents and have put together an overview of what is already available. This will inform our planning of training. We thank everyone for their contribution.

**REMINDER** Changes to our Statutory SEND service which will, in time, improve the Education, Health and Care Plan experience for families. You can read all about what's changing and how these changes might affect you in our latest blogpost on the Local offer: [www.hertfordshire.gov.uk/improvingstatutorySEND](http://www.hertfordshire.gov.uk/improvingstatutorySEND)

[Guest blog: Improving statutory SEND in Hertfordshire](#)



### [Guest blog: Improving statutory SEND in Hertfordshire](#)

As a result of the review, we developed a detailed plan of recommendations. We are pleased that we are now implementing some of these changes and hope that families will start to see a real improvement in the way the processes for statutory SEND work going forward.  
[www.hertfordshire.gov.uk](http://www.hertfordshire.gov.uk)

**REMINDER** Changes to HNF Banding Descriptors  
See Flyer for details and bookings.

[Changes to HNF Banding Descriptors Tickets, Tue 17 May 2022 at 13:30 | Eventbrite](#)

[Changes to HNF Banding Descriptors - Online session Tickets, Fri 20 May 2022 at 13:30 | Eventbrite](#)  
[Changes to HNF Banding Descriptors Tickets, Tue 24 May 2022 at 10:00 | Eventbrite](#)

## Angels Support Group

[Home - Angels Support Group](#)

**REMINDER** [Microsoft Word - Angels Summer2022 programme \(angelssupportgroup.org.uk\)](#)

Titles include: (Virtual and Face to Face) Support Group

- Q&A Education Issues - EHCP's, Graduated Response, etc
- Techsafe Workshop
- Supporting ADHD Child
- Resistant Eaters
- Visual Supports

### NESSie and Angels Support Group

Supporting Children with Additional Needs. Funded by HCC, provided by NESSie and Angels Support Group.

Supporting Children with ASC/ADHD: **Girls and Women** 18 May 2022 1pm to 2:30pm [Nessie Public Booking Platform \(procfu.com\)](#)

Supporting Children with ASC/ADHD: **Relationships, Puberty** and **Staying Safe** 7 June 2022 7:30pm to 9pm

**NEW** Positively Supporting a Child with **Self-Harming Behaviours** workshop for Parents/Carers [Nessie Public Booking Platform \(procfu.com\)](#)

Supporting Children with ASC/ADHD: **Autism, Sexuality** and **Gender Diverty** 21 June 2022 1pm to 2:30pm [Nessie Public Booking Platform \(procfu.com\)](#)

Supporting Children with ASC/ADHD: **Emotionally Based School Avoidance** [Nessie Public Booking Platform \(procfu.com\)](#)

Supporting Children and Young People who are gender questioning 4 July [Nessie Public Booking Platform \(procfu.com\)](#)

Supporting Children and Young People who are gender questioning 7 July [Nessie Public Booking Platform \(procfu.com\)](#)

[Nessie Public Booking Platform \(procfu.com\)](#)

### ADD-vance

Funded training workshops for parents and carers of children and young people with ADHD/ASC - [ADD-vance ADD-vance Events | Eventbrite](#)

[Tips & Tools to Support Learning \(Executive Function\) FREE ONLINE WORKSHOP Tickets, Thu 19 May 2022 at 10:00 | Eventbrite](#)

- [Support for Dads - FREE ONLINE WORKSHOP Tickets, Mon 23 May 2022 at 19:00 | Eventbrite](#)
- [ONLINE SUPPORT GROUP for Parents/Carers of 16-24 year olds Tickets, Tue 24 May 2022 at 13:00 | Eventbrite](#)
- [Understanding Autism in Girls - FREE ONLINE WORKSHOP Tickets, Wed 25 May 2022 at 10:00 | Eventbrite](#)
- [Tips & Tools to Manage Everyday Change \(Transitions\) - FREE ONLINE WORKSHOP Tickets, Thu 26 May 2022 at 10:00 | Eventbrite](#)
- **NEW** [Supporting Siblings - FREE ONLINE WORKSHOP Tickets, Mon 6 Jun 2022 at 10:00 | Eventbrite](#)
- **NEW** [ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children Tickets, Tue 7 Jun 2022 at 13:00 | Eventbrite](#)
- **NEW** [Understanding Teens with ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Wed 8 Jun 2022 at 10:00 | Eventbrite](#)

**SPACE Hertfordshire** runs many free online workshops for parents and carers covering many aspects of supporting children and young people who are autistic, have ADHD or other neurodiverse conditions. Upcoming ones include:

[Starting SPACE Tickets, Fri 20 May 2022 at 10:00 | Eventbrite](#)

[Lego Club Tickets, Sat 28 May 2022 at 10:00 | Eventbrite](#)

**Bookings for June and July have just opened and you can book on here <https://spaceherts.org.uk/events/>**

**Some upcoming ones include:**

18 May [Supporting Learners with Demand Avoidance](#)  
[Understanding specific maths difficulties \(dyscalculia\)](#)

**NEW** [Teen/Adult Spring Moon Art Session Tickets, Fri 20 May 2022 at 19:00 | Eventbrite](#)

**NEW** [Autistic Girls Workshop Tickets, Mon 23 May 2022 at 10:00 | Eventbrite](#)

**NEW** [Puberty and Neurodiversity Tickets, Tue 24 May 2022 at 10:00 | Eventbrite](#)

**NEW** [Understanding Autism Workshop Tickets, Tue 7 Jun 2022 at 11:00 | Eventbrite](#)

They also run lots of support groups for parents and carers and accessible and bespoke events and activities for neurodiverse children and young people all across Hertfordshire. You can find out about all of their upcoming workshops and events and book here:

<https://spaceherts.org.uk/events/>

**They also run lots of accessible and bespoke events and activities for neurodiverse children and young people all across Hertfordshire. You can find out about all of their upcoming workshops and events and book here:**

<https://spaceherts.org.uk/events/>

**Conference** (13 May) for parents, carers and professionals with the world renowned **Autism expert**, Professor **Tony Attwood** who is flying over to Hertfordshire from Australia in May to join us. The main focus of his presentations will be cognition and Autism – including strategies to help improve motivation, organisational skills and academic achievement; plus Adolescent Issues such as friendships, sexual development, and managing emotions.

You can find out more here: [SPACE HERTFORDSHIRE presents Professor Tony Attwood Tickets, Fri 13 May 2022 at 08:15 | Eventbrite](#)

**Supporting Links:**

[Supporting Links Home](#)

Alongside our usual Parenting Courses, Supporting Links are pleased to be offering the following workshops. These are open to parents and carers of children with ASD and/or ADHD across Hertfordshire, funded by the Local Authority.

**NEW:** Talking Teens - 6 week course 6 June to 18 July (no session 27/6) 7:45pm to 9:15pm. Pre-booking essential! 07512 709556 [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk). Quoting Reference SL507. [Workshops \(supportinglinks.co.uk\)](#)

[Talking ASD & ADHD: Coping with change. For parents/carers in Herts \(514\) Registration, Mon 23 May 2022 at 19:30 | Eventbrite](#)

[Talking ASD and ADHD: School Avoidance. For parents/carers in Herts \(517\) Registration, Thu 9 Jun 2022 at 19:30 | Eventbrite](#)

[Talking ASD and ADHD: Tech Use \(516\). For parents/carers in Herts. Registration, Mon 13 Jun 2022 at 12:30 | Eventbrite](#)

**NEW** [Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts \(511\) Registration, Tue 28 Jun 2022 at 19:30 | Eventbrite](#)

We accept referrals or parents can self-refer and book places via Eventbrite. [Supporting Links Events | Eventbrite](#)

**Family Lives**

[Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](#)

[Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](#)

Bringing up **confident children** for parents of children with **ADHD/ASD** 7 June to 12 July 7pm to 9pm OR 8 June to 13 July 9:30am to 11:39am. Bringing up **confident children** for parents of children with **SEN** 6 June to 11 July 7pm to 9pm Booking: [services@familylives.org.uk](mailto:services@familylives.org.uk) 0204 522 8700 / 8701 (see flyer)

## Sessions will cover :

- - \* **Special Needs – a whole-family issue**
  - \* **Understanding your child's behaviour**
  - \* **Helping your child manage their feelings and outbursts**
  - \* **Balancing support of siblings**
  - \* **Learning new parenting strategies to address challenging behaviour**
  - \* **Making a positive difference in your family life**

## Families in Focus

### [Current parent courses – Families in Focus](#)

[Autism, ADHD & neurodevelopmental conditions/needs courses Spring 2022 / Parent Networks / Handling anger in child with Autism/ADHD]

Funding from Early Help, Hertfordshire Children's Services. All our courses are evidence based and have a continue to deliver effective, evidence based support to parents caring for neurotypical and neurodiverse children across Hertfordshire. Our SEND courses are accessible for parents who's children may already have a diagnosis and for the may who are on assessment pathways across Hertfordshire Health Services. Parent can access these free session by joining Families in Focus private Facebook page: <https://www.facebook.com/groups/184975381651870/>

## May 2022 Zoom Parent Network:

### [Parent Network – Families in Focus](#)

Email: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

19 May – Self care for parents of children with SEND

19 May – Q&A with the Hertfordshire Speech, Language, Communication and Autism Team (HSCLA)

## Summer Courses:

- Handling **anger** in your family
- Complete **guide** to parenting children with SEND
- **Sleep** solutions for parents of children with **autism/ADHD**

## Families Feeling Safe

Supporting families with **Protective Behaviours**

[Families Feeling Safe • Families Feeling Safe](#)

## HCT Children's Wellbeing Practitioners

[Children's Wellbeing Practitioners Service | Hertfordshire Community NHS Trust \(hct.nhs.uk\)](#)

Includes supporting self-esteem, ability to self regulate, sleep and many more.

[HCT Children's Wellbeing Practitioners Events | Eventbrite](#)

- [Adolescent Self-esteem Workshop Tickets, Wed 25 May 2022 at 18:00 | Eventbrite](#)
- [Supporting Your Child's Self-esteem Tickets, Thu 26 May 2022 at 10:00 | Eventbrite](#)
- [Supporting your child's emotional wellbeing and ability to self-regulate Tickets, Wed 8 Jun 2022 at 10:00 | Eventbrite](#)
- [Emotional Wellbeing Workshop \(For young people 11 - 16\) Tickets, Wed 8 Jun 2022 at 18:00 | Eventbrite](#)
- **NEW** [Supporting Your Child With Sleep Difficulties Tickets, Thu 9 Jun 2022 at 10:00 | Eventbrite](#)
- **NEW** [Supporting Adolescents with Sleep Difficulties Tickets, Tue 14 Jun 2022 at 18:00 | Eventbrite](#)
- **NEW** [Supporting Your Child's Self-esteem Tickets, Tue 28 Jun 2022 at 18:00 | Eventbrite](#)

## Up on Downs

[UpOnDowns Hertfordshire – Down's Syndrome Support Group – Hertfordshire](#)

[SEND news - 15 March 2022 \(hertfordshire.gov.uk\)](#)

[North Herts Spring 2022 timetable \(hertsfamilycentres.org\)](http://hertsfamilycentres.org)



First Thursday of each month – booking via Eventbrite [Herts Family Centre Service - North Herts District Events | Eventbrite](#)

[School nurses in Hertfordshire \(hertsfamilycentres.org\)](#)

**Young Minds - Parents Helpline** if concerned about child's mental health (up to age 25), see link for full details. Helpline, webchat and email.

[Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)

[If your child is too anxious to go to school \(hertfordshire.gov.uk\)](#)

## Mental Health Support

[If your child is too anxious to go to school \(hertfordshire.gov.uk\)](#)

Just Talk Herts

[Just Talk \(justtalkherts.org\)](#)

[Emotional wellbeing information and resources to help young people in Hertfordshire \(justtalkherts.org\)](#)

[NHS England » What to do if you're a young person and it's all getting too much](#)

It hasn't been easy living through the COVID-19 pandemic which has caused many restrictions, from the closure of schools to changes to social interactions which has led to feelings of uncertainty for many of us. Things can feel overwhelming, and you may feel you can't cope. You might be struggling to adjust to changes in routines, new social pressures and greater expectations from your friends, family or school. You might also feel uncertainty around upcoming examinations and what form these may take. You might feel worried about friendships, your family, school or college including managing the work. You might be feeling down or sad – some of your friends and family members may be feeling the same way – and this can be usual at the moment. Those feelings may have become very deep and intense, and you might not know what to do about them. It's okay not to feel okay, there is hope for you and you can get through this. You're not alone – many people feel like this at some time in their lives – and more people are likely to be feeling this way at the moment because of the impact of the pandemic on our lives. What's important for you to know is that there are lots of ways of dealing with these feelings. It's absolutely possible to come out the other side and feel okay again.

[NHS England » Advice for parents, guardians and carers on how to support a child or young person if you're concerned about their mental health](#)

[Home :: Hertfordshire and West Essex Healthier Together \(hwehealthiertogether.nhs.uk\)](#)

[Services for Mental health and wellbeing \(hertfordshire.gov.uk\)](#)

[Just Talk \(justtalkherts.org\)](#) Links, Resources, Information for Mental Health and wellbeing.  
[SEND documents and resources \(hertfordshire.gov.uk\)](#)

## Young People

### Ambitious about Autism

The Ambitious about Autism youth network is a fun and friendly space for autistic young people, between the **ages of 16-25**, to meet other autistic young people and be themselves. It offers them a safe and moderated online space to help them understand their autistic identity and reduce isolation and loneliness that many feel.

Young people will be able to take part in peer support sessions which are held on **Tuesday and Thursday evenings between 5:45-6:45** over Zoom. These sessions are a chance to meet new autistic young people across the country, share experiences and find volunteering, work experience and employment opportunities. Sessions are a safe environment where you can stay

within your comfort zone, there is no pressure to turn on your camera or microphone. You can choose to participate or just observe.

The sessions are led by [Ambitious staff](#) trained in safeguarding, who you may contact at any point if you are uncomfortable or feel unsafe. Every session has a different theme, past sessions have included arts and crafts, comedy night, DJ sessions, language lessons, and a monthly general knowledge quiz. Youth network members over the age of 18 also have a chance to instant message each other on the platform.

To access the peer sessions, you will need to [request to join the youth network](#).

#### [Join the Ambitious Youth Network \(ambitiousaboutautism.org.uk\)](http://ambitiousaboutautism.org.uk)



#### [Join the Ambitious Youth Network](#)

By logging in to your account, you accept the Terms of Use and acknowledge the Privacy Policy

[ambitious-youth-network.ambitiousaboutautism.org.uk](http://ambitious-youth-network.ambitiousaboutautism.org.uk)

#### [Guest Blog SFYP - Moving on from school \(hertfordshire.gov.uk\)](http://hertfordshire.gov.uk)



#### [Guest Blog SFYP - Moving on from school](#)

Services for Young People try to attend EHCP annual reviews that happen in year 9 and 11 (or year 13/14 in PNI and SLD schools). Together with the young person and their families, we will produce a Preparing for Adulthood Transition Plan.

[www.hertfordshire.gov.uk](http://www.hertfordshire.gov.uk)

#### [Exam and Revision Stress \(justtalkherts.org\)](http://justtalkherts.org)



#### [Exam and Revision Stress](#)

Support for young people, parents, carers and professionals. If the thought of revision and sitting exams has you feeling worried or anxious, you aren't alone.

[www.justtalkherts.org](http://www.justtalkherts.org)

#### [Services for Young People](#)

Services for Young People (SfYP) provides youth work groupwork and one to one individual support. Professionals, parents/carers or young people themselves can make referrals. Youn

[www.servicesforyoungpeople.org](http://www.servicesforyoungpeople.org)

[Invasion of Ukraine - wellbeing resources for parents - BBC Bitesize Parents' Toolkit - BBC Bitesize](#)

Resources to help you help your child stay informed around the crisis in Ukraine and manage any anxieties they might have.  
[www.bbc.co.uk](http://www.bbc.co.uk)

## SEND Support

This short video (less than a minute) is designed to give an understanding of what the Local Offer website is, and what kind of information and resources they can find on there. You can see the video on Youtube here: <https://youtu.be/hmcGbFqmsl8>

### Herts Parent Carer Involvement

[Herts Parent Carer Involvement \(hertsparentcarers.org.uk\)](http://hertsparentcarers.org.uk)

[Webinars | Herts Parent Carer Involvement \(hertsparentcarers.org.uk\)](#)

### ISL Advice Line

[ISL SEND Advice for Parents/Carers \(hertfordshirefamiliesfirst.org.uk\)](http://hertfordshirefamiliesfirst.org.uk)

[SEND news - 3 May 2022 \(hertfordshire.gov.uk\)](http://hertfordshire.gov.uk)

### [The Hertfordshire Local Offer](#)

SUNFLOWER SOCIAL GROUP

Welcoming Ukranian refugees

"Radi znajomstvu" "Pleased to meet you"

A space to meet in a supportive environment.

Every Wednesday, 11am to 12:30pm

The Wellbeing Centre, 501 St Albans Road, WD24 7RZ

[info@lutherbliss8.com](mailto:info@lutherbliss8.com) or [info@hertsmindnetwork.org](mailto:info@hertsmindnetwork.org)

Mind Hertfordshire Network